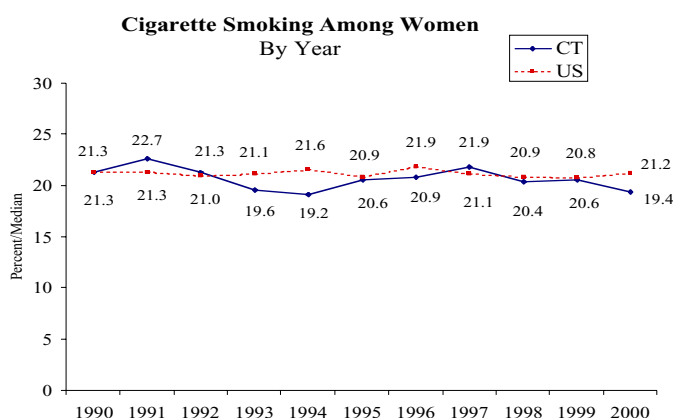
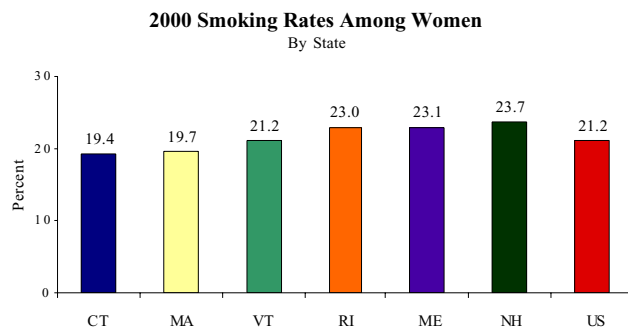


Women and Smoking

- Every year thousands of women in Connecticut will suffer devastating smoking-related health consequences.
- One quarter of a million women in Connecticut smoke cigarettes.
- Over the past 10 years, the smoking rate among women in Connecticut has remained relatively unchanged and is similar to the national trend.



- In 2000, it appears that women in Connecticut smoked at a lesser rate than women in the other New England states, but statistically all the rates are similar.



- Smoking has detrimental effects on the entire body. It has been implicated in the development of many cancers, including lung, esophageal, pharyngeal, laryngeal, pancreatic, liver, kidney, bladder, cervical, and colorectal.

- Smoking greatly increases a woman's risk for disability and death from:
 - Stroke
 - Heart attack
 - Hemorrhage
 - Aneurysm
 - Emphysema
 - Osteoporosis
 - Arthritis
 - Macular degeneration and blindness
 - Premature menopause
 - Reproductive disorders
 - Chronic bronchitis
 - Gastric ulcers
 - Skin damage
 - Gum disease
 - Tooth decay
 - Tooth loss
- For women in Connecticut, heart disease, stroke, lung cancer, and chronic obstructive pulmonary disease (COPD) are the top 4 causes of death, and smoking is a major risk factor for all of them.
- Heart disease is the #1 cause of hospitalization and death among women in Connecticut, and smoking is the leading cause of heart disease.
- Cigarettes will kill 1.5 times more women from heart disease than from lung cancer.
- Every year in Connecticut since 1988, lung cancer has taken the life of more women than any other cancer, and smoking is responsible for nearly 90% of all lung cancer.
- Every 3 minutes a woman in this country dies prematurely from smoking. Since 1980, tobacco has claimed the lives of more than 3 million American women.

Women and Smoking continued

- Smoking has a damaging effect on a woman's reproductive health and is associated with impaired fertility and early menopause.
- Cigarette smoking during pregnancy can cause serious health problems in an unborn child. In Connecticut, nearly 155,000 or 25% of women of childbearing age (18-44) are smokers.
- Nicotine is found in the breast milk of women who smoke; therefore, her baby will be ingesting nicotine while nursing.
- According to an article published in the *Journal of the National Cancer Institute* (January 5, 2000), researchers have identified a genetic marker that may be the first biological explanation for why women seem to have a 1.5x higher risk of developing lung cancer than men do. Nicotine appears to turn on a gene that is believed to be responsible for the increased risk of lung cancer.
- Women appear to be more susceptible to the addictive properties of nicotine and as a result, become addicted more quickly and have a more difficult time quitting smoking than men do.

A 25-year-old woman in Connecticut who is a pack-a-day smoker could spend more than \$1400 a year on cigarettes. If, instead, she invested that money yearly in an annuity, she could have more than \$200,000 at retirement.



Keeping Connecticut Healthy

QUITLINE
1-866-END-HABIT